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(54) **FOOD FOR SLIMMING**

(57) Abstract:

PROBLEM TO BE SOLVED: To safely and effectively prevent and eliminate obesity due to synergistic effects by respectively inhibiting a plurality of causative factors in the obesity.

SOLUTION: This food for slimming is composed of 50 pts.wt. of an amino acid peptide, 30 pts.wt. of *Gymnema sylvestre*, 20 pts.wt. of a conjugated linoleic acid, 20 pts.wt. of isomerized linoleic acid, 20 pts.wt. of a sparingly digestible dextrin, and 3-10 pts.wt. of a coenzyme Q10. The amino acid peptide and coenzyme

Q10 have inhibitory actions on fat absorption, inhibitory actions on lipid synthesis, and promoting actions on lipid metabolism. The conjugated linoleic acid and isomerized linoleic acid have lowering actions on body fats and reducing actions on the body fats. The *Gymnema sylvestre* and sparingly digestible dextrin have gastrointestinal tract absorption inhibitory actions and lipid absorption inhibitory actions. The components are derived from natural raw materials and provide synergistic effects on prevention and elimination of the obesity by combined use thereof.

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